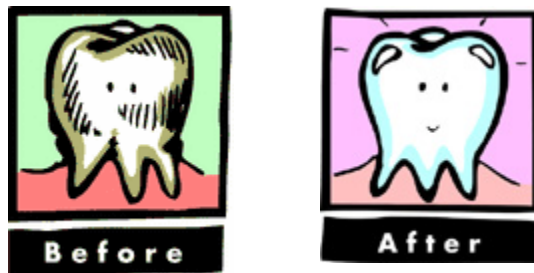


Oral Health Criteria #2

Do a fluoride rinse program (for non-fluoridated areas).



Definition: A fluoride rinse program is usually done in grades 1-3 but can be done in any and all grades. The students rinse their mouth with a fluoride rinse given to them in a disposable cup. Doing a fluoride rinse program at your school is important because it can reduce decay in a simple cost-effective way. The students also learn more about dental health and the concepts of prevention.

Resources

UDOH Oral Health Program

www.health.utah.gov/oralhealth

Peggy A Bowman, RDH

801-538-6026

peggybowman@utah.gov

American Dental Association www.ada.org

American Dental Hygienists' Association

www.adha.org

ADHA Fluoride Facts http://www.adha.org/oralhealth/fluoride_facts.htm

Assignments

School Coordinator Assignments

- Contact the Oral Health program for a manual describing how to conduct the fluoride mouth rinse program in your school
- Decide which grades will participate in the fluoride mouth rinse program
- Order the mouth rinse from one of the companies listed in the manual you received from the Oral Health program. The mouth rinse is \$2-\$3 per student per school year. The students rinse once a week throughout the school year

Oral Health #2 Ideas

- Educate students about fluoride in the water
 - Encourage teachers to talk about this in their classrooms
- Invite a dentist or dental hygienist to talk to students about the importance of fluoride
- Have students contact their local authorities about putting fluoride in their water
- These resources have classroom activities to teach about the value of fluoride:

ADA Animations, Games and Puzzles www.ada.org

ADHA activities www.adha.org

Oral-B Teaching Tools Lesson Plans

<http://www.oralb.com/us/learningcenter/teaching/>

Bright Futures in Practice: Oral Health

www.brightfutures.org/oralhealth/index.html

No Cavities Clubhouse

<http://www.colgate.com/app/Kids-World/US/HomePage.cvsp>

Open Wide and Trek Inside

www.science.education.nih.gov/supplements/nih2/oral-health/default.htm

Crest Classroom Activities

http://www.pgschoolprograms.com/oral_care/